

Carrot Soup

Ingredients:

- 10 carrots, scraped and sliced
- 1 1/2 tablespoons sugar
- 2 cups water
- 3 tablespoons all-purpose (plain) flour
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground nutmeg
- 4 cups fat-free milk
- 2 tablespoons fresh parsley, chopped



In a large saucepan, heat the carrots, sugar and water. Cover and simmer until the carrots are tender, about 20 minutes. Drain the carrots, reserving some of the liquid. Set aside.

In a separate saucepan, whisk together the flour, salt, pepper, nutmeg and milk. Cook over medium-high heat, stirring constantly until the white sauce thickens.

In a blender or food processor, add the cooked carrots and white sauce. Puree until smooth. Add reserved liquid to desired consistency. Ladle into separate bowls and garnish each with 1 teaspoon parsley. Serve immediately.

NUTRIENT ANALYSIS (per serving)

Calories 140

Cholesterol 3 mg

Protein 7 g

Sodium 216 mg

Carbohydrate 28 g

Fiber 3 g

Total fat trace

Saturated fat trace

Monounsaturated fat trace

Calcium 188 mg

Potassium 606 mg

<http://www.mayoclinic.com/health/healthy-recipes/NU00377>